

Mindful Practice

IN MEDICINE

Core Workshop



WORKSHOP FACULTY



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October 27 - 30, 2021
Chapin Mill Retreat Center
Batavia, NY

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A retreat-like workshop

Please join us for a retreat-like workshop designed to energize your clinical work while helping you find joy and resilience, through honing your self-awareness and deep listening skills that are keys to navigating stressful and demanding situations you face daily. Enrollment is limited to 40 participants. No prior experience is required.

Developed by physicians

This workshop, developed by physicians to help medical practitioners and educators respond to the erosion of joy in their work, provides an experiential and interactive learning environment. Our approach is evidence based—as it lessens the effects of burnout and improves well-being, engagement with work, and patient-centered compassionate care.

Clarify and focus on your own learning needs

Contemplative practices, dialogues with colleagues and inquiry-oriented group discussions will enhance your ability to focus, connect and communicate with patients and colleagues.

World-wide community

Join physicians, PAs, NPs, and other health professionals from over 20 countries worldwide.

At the conclusion of this activity, you will be able to:

- Apply self-awareness and self-monitoring during clinical work and teaching
- Demonstrate skills in attending to patient's needs, effective clinical practice and compassionate care
- Effectively manage challenges at work and practice ways to attend to your own well-being

Learn how to:

- find meaning in your work
- be more resilient
- effectively manage challenges in clinical work
- listen more deeply
- improve communication
- cultivate compassion and gratitude
- experience clarity and focus
- become more self-aware
- be a part of a larger community



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UNIVERSITY of
ROCHESTER
MEDICAL CENTER

LOCATION & ACCOMMODATIONS

Chapin Mill Retreat Center

8570 Retreat Center Drive,
Batavia, NY 14020

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Chapin Mill Retreat Center is located in Western New York State about 35 miles west of Rochester and 40 miles east of Buffalo and Niagara Falls. Weather and temperatures are variable due to the close proximity to the Great Lakes.

The retreat center is located on 135 acres, with walking paths, so if you plan to walk in the surrounding woods and meadows in your free time, you may want to bring hiking shoes or sturdy sneakers. Casual, loose-fitting, comfortable clothing will be the order of the day. Please bring indoor shoes or slippers to wear inside the facility.

Accommodations

Chapin Mill Retreat Center offers comfortable, handicapped-accessible, basic accommodations with shared bedrooms and a shared bathroom (off the main hallway). Some single rooms are available, but the majority of rooms sleep 2 people. *Please reserve early to get your first choice.* The facility will provide bedding, linens, towels and soap. However other toiletries may not be available, so please plan to bring what you need. While Internet access will be available, there will be limited time for outside work.

Food & Beverages

Meals are included, but there are dietary restrictions at Chapin Mill; no fish, meat or alcohol. Eggs, cheese and other dairy products are acceptable. We can accommodate special dietary needs (e.g., vegan, gluten free, etc.).

COVID-19 Vaccination Requirement

In order to attend this workshop, all registrants must be fully vaccinated against COVID-19 at least two weeks prior to the event. Participants will have to show proof of vaccination on or before arrival at Chapin Mill Retreat Center, as they will not permit entry to any attendee who is not fully vaccinated. No refund will be given if participants do not satisfy this requirement. Additional details will be provided in your confirmation email, once registered.

ACCREDITATION AND CERTIFICATION

Accreditation

The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Certification

The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 23.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Work

University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0005.

This course has been approved for 23.00 hours.

AGENDA

Wednesday, October 27, 2021

3:00-6:00 pm: Check-in / Registration

6:00-7:00 pm: Dinner

7:15-9:15 pm: Introduction

Thursday, October 28, 2021

6:30-7:30 am: Morning Meditation Practice

7:30-8:45 am: Breakfast

8:45-9:10 am: Affinity Groups

9:10 am-12:30 pm: Morning Session

12:30-2:30 pm: Lunch

2:30-3:00 pm: Affinity Groups

3:00-6:00 pm: Afternoon Session

6:30-7:40 pm: Dinner

7:45-8:00 pm: Affinity Groups

8:00-9:20 pm: Contemplative Skills Practice

Friday, October 29, 2021

6:30-7:30 am: Morning Meditation Practice

7:30-8:45 am: Silent Breakfast

8:45 am-12:15 pm: Morning Session

12:15-2:45 pm: Lunch

2:45-3:15 pm: Affinity Groups

3:20-6:00 pm: Afternoon Session

6:30-7:30 pm: Dinner

7:30-9:00 pm: Guest

Saturday, October 30, 2021

6:30-7:30 am: Morning Meditation Practice

7:30-8:30 am: Breakfast

8:30-8:45 am: Affinity Groups

8:45-11:45 am: Morning Session

11:45 am-12:45 pm: Lunch

12:45-1:00 pm: Affinity Groups

1:00-2:15 pm: Final Session

2:45 pm: Shuttle Bus Departs



GROUP SHUTTLE DETAILS

ARRANGING TRANSPORTATION

REGISTER
NOW

Group Shuttle Transportation from the Rochester International Airport to Chapin Mill on Wednesday October 27, 2021:

- To take the group shuttle to Chapin Mill, meet the Rochester Shuttle Express driver outside baggage claim by 4:15 pm sharp, on October 27, 2021.
- Your flight needs to arrive prior to 4:00pm in order to catch the shuttle.

Group Shuttle Transportation from Chapin Mill to the Rochester International Airport:

- If you would like to take the group shuttle to the Rochester Airport, please plan flights that depart after 5:00 pm on Saturday, October 30, 2021.
- The shuttle is scheduled to leave Chapin Mill promptly at 2:45pm.

If you would like to participate in the shuttle service but did not sign up during registration, or if you have any additional questions, please contact: Shreya_Thakar@urmc.rochester.edu

Fees & Room Rates

	Early-bird Fee	After 09/01/2021
Workshop Registration Fee:	\$1,695	\$2,095
Room Rates for Chapin Mill Retreat Center		
Single Room:	\$550	
Double Room:	\$400	

This program does not accept University of Rochester CME Voucher Awards as registration payment. If paying by check, make checks payable to: University of Rochester. Mail payment with a copy of your confirmation e-mail to: University of Rochester, Institute for Innovative Education, 601 Elmwood Ave., Box 709, Attn: CEL Events Team, Rochester, NY 14642

Rochester:

Taxi Service Options:

- [Airport Taxi Service](#)
- [Rochester Taxi Service](#)

Rental Car Service Options:

- [Avis Rental Car Service](#)
- [Enterprise Rent-A-Car](#)
- [Budget Car Rental](#)

Buffalo:

Taxi Service Options:

- [Buffalo Airport Taxi](#)
- [Liberty Yellow Cab of Buffalo](#)

Rental Car Service Options

- [Buffalo Airport Rental Car options](#)

Additional Information:

- Car Rentals *should be reserved prior to arrival* to ensure availability. Generally better pricing is available the farther in advance you book. Rates are better if you book online.
- Additionally, Lyft and Uber services are available in the Western NY area (Rochester, Buffalo and Batavia, NY).



STAY CONNECTED TO MINDFUL PRACTICE:

